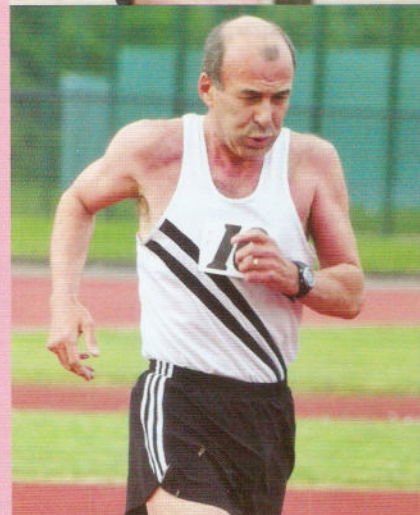
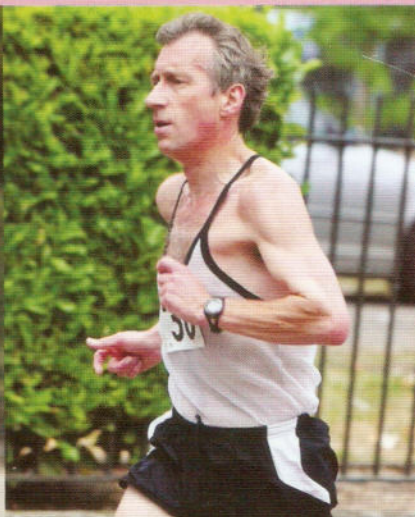


Veterans Athletic Club

Newsletter August 2010



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Pics: David Symons(305), David Cox, Anna Garnier, Ian Richards

Officers of the Veterans AC, established 1931

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Delegate to BMAF/VAAofE	Ron Franklin	
Vice Presidents	<i>none</i>	
Past President at Committee	Cecil Gittins	
Auditor	Simon Ingall	
Website	Michael Peel	07970101871 mike@mikepeel.co.uk

Notice of Annual General Meeting of Veterans AC 7pm Thurs 9 September '10, Union Jack Club, Sandell St, SE1

Agenda

- Item 1 Minutes of 2009 Annual General Meeting
- Item 2 Matters arising from the Minutes
- Item 3 Secretary's Report
- Item 4 Treasurer's Report and Financial Statement (see p15)
- Item 5 Confirmation of President
- Item 6 Election of Officers: it is understood officers listed above are willing to stand again
- Item 7 Election of Vice Presidents: C Flint proposed by Committee
- Item 8 Confirmation of Auditor, Mr S Ingall
- Item 9 Any other business
- Item 10 Date of next meeting.

All members are entitled to attend Annual General Meeting. Subs renewal comes in next N/L but enquiries to Membership Secretary are requested by email to phil@bell-computer-services.co.uk, or by letter to Membership, PO Box 65760, LONDON NW2 6JN

www.vetsac.org.uk

Webmaster Mike Peel has been able to post our results even when away from his Beckenham base on foreign travel. So that's a new meaning to world wide and a service for which we are grateful.

News and Views

T&F Championships

Meeting Secretary takes it that many more of you will be entering VAC Champs, after you have recovered from your enterprise in Hungary. Because a substantial influx of entries is needed to underwrite the meeting. The venue is under review; everyone check loose Entry form, please.

The VAC format is tried and tested; the meeting is well ordered, runs to time, ends at a reasonable hour, medals are awarded generously, full results are posted at website next day and in newsletter, with comment, photographs and CBPs attested. All that is needed is good weather, your presence and your performance. So lets be having you, please!

Report by General Secretary

The past year has again been a busy one for our Members with a large selection of all the disciplines. In the autumn we will be adding a 10K road Champs so keep 3rd October clear.

To help us maintain the service to our members we are looking out for workers so please volunteer to assist at an event or to support somebody who is doing several jobs.

Good luck for the next year and hopefully stay injury free.

Dennis Williams

RunBritain has been reported at length in *Athletics Weekly*. But concerns heard in VAC are that we never heard about it, and that it is allowing people to go in Parkruns with the UKA Master Insurance and license provided and other support, free.

We are all paying £5 a head to support UKA but unregistered can go and run for free, which seems unfair. We know the Parkruns draw participants away from VAC CCs and we wonder why the term 'cross country' is avoided.

As a separate matter, mention must be made of *RunBritain* website. It's aimed at beginners in running on lines of 'the hub of your running training'. The usual topics training, injuries etc are covered with lavish advice, and there's online entry.

A feature is said to be your own Ranking but it only works if you have run a race in the system; it seems you cant look up ranking lists like those in Powerof10 (which is linked). There is 'a community' to belong to, a nod to Facebook no doubt, part of the hook to draw in the unattached and non-club people.

In online playing, we'd say the game is to make a website about anything you like; then pretty soon people join up and chat away amongst themselves and you rake in the advertising.

But if you understand these wonderful schemes better than this we'd love to hear.

Hot times at EVACS by journeyman Alan

John Taylor and I spent 3 hours crossing the Great Plain (all sunflowers and sweetcorn) from Budapest to reach Nyiregyhaza (forints only – little use for euros/credit cards/spoken English) and went to our hotel in Sostofurdo opposite the main stadium. Luckily as it was a heatwave (TV news had 20 mins of people in pools, fountains or elderly sweating on park benches...probably the same people...and making South Today look quite exciting!) our side of the hotel had air-conditioning that worked. In John's room he used a strategically placed bucket to catch the water coming from his, as on the other side runners had to sleep with the doors open. 37C was tough to run in and although we had no shade in the remote 2nd stadium where our races took place I was glad to have fewer watching!

I got the lunchtime hotspot for my 10k and 5k. My 10,000m was run as a straight final and I had to battle to finish it (although we had good water and sponges – not the same as I had in a French race which were Victoria ones with jam and cream. Reminds me, menu fine here if you can live on goulash, hot dogs and hamburgers). My big p.w. in 51.21 was made to look worse by 7 failing to finish. But in the 1500 I was happy with 5:54.

John had to battle hard in the 5k because he hadn't done one for some years. Despite tiring he ran well to do 29.48 and take a number of scalps. I started last where I expected to finish but managed to get six behind me for 22:10 and survived nearly being brought down by a Brit up my back.

John and I sampled the local culture and went to Debrecen (attractive city centre), Hortobagy Nat Park (storks on telegraph poles), Tokaj, even found a hill to climb, covered in vineyards, and Vaja Castle. There John photoed me next to Lenin and told me "you should be more to the left!", and we saw locals getting around by horse and cart.

A very enjoyable trip. Alan Davidson

Pole Performance

How Paddy Clark's Marathon nearly became a David Attenborough programme



With a long-harboured sneaking ambition to go to the North Pole rekindled by the idea of doing the annual marathon up there, I thought I'd better hurry before my right leg – and the ice – gave out. It was nearly twenty years since I'd completed the distance, the hip and back were playing up – but so what, I thought.

With twenty-five other runners and the organising team, I set off in early April for the Pole from Spitsbergen in an Antonov 74, on the two-hour flight to the Russian base camp. Murky weather and a flurry of snow greeted us, but there was no sign of the sun that had risen two weeks earlier.

The camp had been set up several days earlier and was well-equipped, with heated tents. It had drifted 30 miles from the Pole by



the time we arrived, and no fewer than seven ski-trekking groups were already out on the ice heading for the 90° point.

Soon after us, a second Antonov flew in and out came David Attenborough and BBC *Frozen Planet* team.

After a blizzard next morning, conditions improved a little and we were able to start the run in the afternoon. The organiser, Richard Donovan, had flagged out a circuit of just under four kilometres which we were to cover eleven times. It incorporated the runway – the easy bit – and a winding route through snowdrifts and pressure ridges. Some wore snow shoes, but I didn't bother.

To describe it as a run would be an exaggeration, certainly in my case. Minus twenty is not

cold by polar standards but with the wind, the snowflakes, and the goggles icing up, it doesn't make for easy progress. Nor did plunging into snow-filled dips in the ice. As the race went on, the blizzard worsened, and the snow thickened. After five laps I made a brief stop in the mess tent for a swig of energy drink and a bit of chocolate. I stopped again after lap seven, but ploughed on to the finish after that, thinking if I called in at the tent once more I wouldn't want to come out again. A fairly liberal dose of pre-race painkillers was keeping my hip and back pain under control, but I was stiffening up.

Joep Rozendahl of Holland was a couple of laps in front of me and won the race in five hours. I plodded to the finish in eighth in six hours forty-eight – a personal worst by more than four hours. The last man came in three hours later at nearly two in the morning.

We made the short helicopter hop to the 90 degree point, which was remarkably at a temperature – not much below freezing – of minus four. Then it was up and away from the camp and back to Spitsbergen, leaving David Attenborough and his team waiting for some clear sky for their filming.

The ice still has a bit longer to go, but that was my right hip's last run. Within two weeks I'd been fitted with a new one in the Royal Surrey. So far so good, and a month on I'm walking around a bit without crutches.

Looking forward to the cross-country season....

Paddy Clark

Mark Butler

The BBC statistician turns a journalistic eye on himself



I've met several people who wonder how good they might have been if they had trained seriously as an athlete. In my case I know, I was never going to be that good. From 56.5 to 50.3 at 400m in two years, then down to 50.2 two years later in 1983 at the age of 23. That was it. It was frustrating not to get under 50 from blocks, but I did train hard for that result so I can be reasonably satisfied that this was my limit when I was at my fittest.

I might have been sub-50

I suppose I might have progressed to a sub-50 if the opportunity to work with the BBC had not arisen in my athletics heyday in 1984. I ran 50.85 in June that year as well as working full-time as a software engineer. My hobby was athletic statistics and my focus was on the Olympic Games in Los Angeles. I had naively written in asking if there was a chance to sit in a corner at TV centre to watch the overnight pictures which apparently were not going to be broadcast live. In fact they were planning all-day coverage and I found myself hired to be a researcher at

the London end of the BBC's operation. That's how I spent my summer holiday. Working all the hours I could and doing no training at a time when I would otherwise have been

preparing for the peak of my season.

I worked with Des Lynam

It was a fantastic experience and I was asked back to work on athletics programmes in 1985, eventually taking over from my friend Stan Greenberg as BBC athletics statistician at the end of 1994. It was and is my dream job. I have worked with broadcasting legends like David Coleman and Desmond Lynam; I have attended four Olympics and interviewed the likes of Usain Bolt, Carl Lewis and Tirunesh Dibaba, but none of these moments have been as nerve-racking as lining up for the Kent or Surrey Championships.

Like running against my Dad

For years I found I could run a 52-second 400m at will and I did every year 1980-1999. Then as I approached 40 in 2000, I tore a hamstring and only managed 53.4. That year I had my 40th birthday party at Epsom & Ewell's home track where 60 guests ran 400m and I dragged myself round in 55.95. That was in August and I stepped up my training that winter in the hope of success in my

first full year as a vet. I thought it would be like running against my dad, but in the 2001 Surreys I was dismayed to lose two golds each by a margin of 0.1. Win or lose though I loved competing against guys like Kwei Sankofa and Mark Baker, knowing that they would be back year after year.

Fight like mad in the straight

Sadly as the years have gone on I have got slower, in particular from age 43 when suddenly I found 56 seconds was tough going. I might just about manage it now at 49, but it requires the same amount of effort as the 50.2 did all those years ago. I must commit myself to a fast tempo at the start, run the back straight as if it were downhill, gather myself round the last bend, then fight like mad in the home straight. In my best races my legs give out just before the finish and only momentum carries me through the line. It hurts, but I hate to finish knowing I had something more left. Regrets are worse than pain.

Figures etched on my brain

I am obsessive about my own statistics and all the figures mentioned here are etched on my brain. On October 12, 2008 – the 25th anniversary of my 400m pb – I celebrated by visiting Crystal Palace and doing a time trial on the same lane (seven) where I had run my best ever time. There was a football match going on infield but I obtained permission from the kindly referee. It

Mark Butler continued

was a beautiful day and I raced around in 59.7. Another obsession of mine is to find a track and run a 500m time trial wherever I am on holiday. Sometimes it takes all day, especially the recovery. I do feel that I'm entitled to behave eccentrically now I'm almost 50.

The Vets League next day

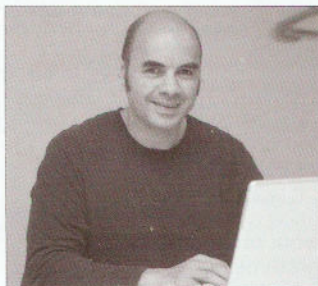
I think I have slowed up for two reasons besides the obvious. First my work can be all-consuming all year round because I must keep on top of worldwide athletics results, and then be available to work at big meetings at the height of the summer. Invariably, I miss out on training and racing in the best conditions. I can hardly complain about attending a fantastic event such as last year's European Team Championships in Portugal, but to fly back and compete in the Southern Vets League the next day was exhausting and I have made myself ill by trying to run too hard in such circumstances.

Time in the weights room

Second, I probably spend too much time in the weights room these days and could definitely do to lose a few kilograms. Yet I still love going out and running three miles against the clock with my second-claim club 26.2 RC. I guess I'm greedy because I want to do these things, but they don't

necessarily make me run quicker on the track.

I have thought about stopping, but then every year there is a moment when the wish to come back and run faster is enough to propel me through another winter. Last year that moment was at the VAC meeting at St Mary's in August where conditions and atmosphere were perfect. If it hadn't been for the chance to race in meetings like that and the sup-



port of Epsom & Ewell Harriers, who have such a great team of "Masters", I don't think I would have carried on this long. Being a track statistician I'm acutely aware of how much slower I am running but I do get a degree of satisfaction from clocking times I would have laughed at 25 years ago. The incentive of the media race at World Championships is also a motivator and being an active athlete helps me in my work.

The Good Life

These days I am not at the track often because I find it is quicker and easier for me to

do track-type sessions on a quiet section of road or path. As a 14 year-old I used to arrange street races for my friends and I guess I have gone back to those roots. I relish it when a straight road opens up in front of me – like The Avenue in Surbiton where "The Good Life" was set – and I can try to run it as fast as I can. As I detest football I am so looking forward to going out and running a hard session on a deserted road while everyone else is watching England in their penalty shoot-out versus Macedonia.

Mark Charles Butler was born in Dorking on August 14, 1960. He is 5' 7" tall; weighs 78kg Surrey Over 40 400m Champion in 2002-2005, 200m 2002 & over 45 400m 2007

Personal bests:

60m: 7.6i (1979); 100m: 11.4 (1979); 200m: 22.9 (1988); 300m: 36.9 (1986); 400m: 50.2 (1983); 600m: 1:26.9 (1986); 800m: 1:59.7 (1981); 1500m: 4:52.8 (1988); Mile: 4:59.1 (1993); 3M: 19:28 (2010); 5M: 30:43 (1986) *

Annual progression at 400m:

1979 53.8	1995 50.63
1980 51.9	1996 52.7
1981 50.3	1997 51.7
1982 50.58	1998 52.8
1983 50.2	1999 52.4
1984 50.8	2000 53.4
1985 50.5	2001 53.1
1986 50.8	2002 54.75i
1987 51.2	2003 53.82
1988 50.4	2004 56.0
1989 50.9	2005 57.1
1990 51.0	2007 56.7
1991 51.1	2008 57.9
1992 51.6	2009 56.5
1993 51.1	2010 56.80

Correction: Richard Hammerson was 5M Road Champion at M65 in 2009, not Michael Johnson, as on Fixture card. Edmond Simpson now belongs to Overton Hs, from base at Basingstoke.

News in brief

Fire in a Kingston tower block seen on TV was close to the track in Cambridge Road and hit a Vets League match when access was affected for a time.

A collection at the funeral of late Laurence Dordoy amounted to £2,503 and was given to St.Francis Hospice.

The driver got a 9 months suspended jail term; was banned for two years plus costs and community service.

Letter

I was interested to read your comments to Arthur Kimber about the use of the word "veterans". I also am not happy with "masters" but here in Poland we are lucky; in the context of sport the Polish word for "masters" does not translate so Polish veterans remain veterans. Great!

Regards, Lyn Atterbury (SWC)

17th European Veterans' Athletics Championships

Medalists and selected other members

100m M45 2 P Logan 11.57. M55 2 J Brown 12.27. W55 3 J Trimble 14.21
200m 2 Logan 23.91. M65 3 T Bissett 27.01
400m W35 1 N Anderson 56.57. M45 M Vassiliou 53.31.
800m M60 2 K Daniel 2:22.22 / 1500 5th 4:59.35
1500m M40 4 A Haines 4:15.42.
5,000m M80 4 R Franklin 40:49.95.
W65 5,000m 3 P Rich 24:04.40 /10,000 2 53:21.07
W70 1500m 1 C Morrison 6:11.05 / 5,000 1 23:25.71
10,000 M60 5 P Hamilton 42:22.69.
S/C M40 4 S Norris 10:16.20
100mH M65 1 B Ferguson 16.09 / 300mH 3d 52.27
M80 J Hanus Hammer/SP/DT/Weight 3d 30.64 / 8.62 / 22.86 / 11.62, possible BR.
5,000m Race Walk M60 1 I Richards 24:40.
M70 1 A Thomson 28:40.47.
Relays 4x100 M45 1 Logan, Powell, Reddington, D Brown 45.27
M55 1 Walwyn, Browne, Peters, Oliver 47.49
M60 2 Wells, Williamson, Hendrie, Kitchener 52.29
M65 3 Ferguson, Bissett, Isetts, Sutton 53.54
W55 1 Powell, Trimble, Nelson, Saunders-Mullins, 56.45
4x400 M45 2 Grew, Lewis, Watson, Vassiliou 3:37.23
W55 1 Trimble, Howe, Saunders-Mullins, Powell 4:28.74 (WR)
Marathon W45 3 M Noel 4:14.24. W50 6 F Bishop 4:39.05 •



Cecilia Morrison



Barry Ferguson

Brits did well in track, relays and walk but very few even competed against eastern states athletes in field events. Apologies for any missed. Photos are from Birmingham '09.

London Marathon 2010 finishers

M40 4 Andy Weir 2:29:30, **7 Len Reilly** 2:40:15, **Rich Tweddle** 3:07:03
M50 Steve Smythe 2:55:22
M60 3 Liam O'Hare 2:59:49, **Dennis Williams** 4:24:17, **Bill O'Connor** 4:46:38
M65 Mike Peel 5:25:05
M70 32 David Earl 4:49:13. **M75 Jeffrey Gordon** 5:06:26
W45 13 Clare Pauzers 3:11:23, **5 Marie Synott-Wells** 3:04:48, **Alison Brownhill** 3:13:25. **W55 Jane Georghiou** 3:31:49,
W60 1 Ros Tabor 3:24:05, **17 Margaret Moody** 4:03:01
W65 6 Sue Lambert 4:05:37

With thanks to Mike Peel for most of these results.

In the endurance festival Andy Weir is becoming a regular achiever and was followed by quite a few Thames Hare. In contrast Len Reilly was a middle distance man in VAC until he took the CC title this year. He's another from the prospering Kent AC stable.
 Bill O'Connor is a true *ever-present* who has completed all 30. He also runs at Battersea and loves to extol his sister, Mary O'Connor, a former New Zealand champion. She wasn't high in stature but in the London she ran high.
 Liam O'Hare tells us " My aim was to break three hours so I have to be happy with 2:59. The medal was a nice bonus." May be it shows how overseas training with a bit of altitude can work for you.



Ros Tabor

David W Earl is a definite VAC man and lives in Purley but the 6th M70 was a Derek W Earl.

Was it a first London Gold medal for Ros Tabor? If not this enduring athlete would surely deserve one. Apparently she said "now I can retire" but we'll believe it when we see it.





They're off, Walkers and Runners together

22 June Champs

The short and the tall came together again as Gareth Cavell, short, raced Richard Tomlinson, tall. Although the form book pointed to Richard, Gareth went out fast and held onto his lead by 12 seconds. The Romford man was keyed up for the champs and sustained his quick stepping pace to the end.

Mick Barlow, third, had 29:11, from a tight set of three.

In fourth place the first 60 was distinctive Terry Eakin, who's from Northern Ireland but has partial residence here, near the Common. In a good race the 60 years vet held off Liam O'Hare's challenge clear-



Maureen Noel's walk style

ly. Gareth Jones' 29:39 looks a safe record for now but Terry's 30:03 is best M60 time of year.

Julian Spencer-Wood raced Stu Littlewood to a well contested 55 gold as the latter had best of four with 33:53.

Thirty five minutes was a packed sector as new Steve Parker raced Roger Green, Chas

Rayner took on Ian Mursell and Peter Crowhurst contended with Alan Davidson and Paul Browning, the first 50.

Michael Johnson, THH, was first 65 just before Margaret Moody, first W60.

Then Michael Elwell from West Mids raced Dennis Williams close to 37 mins with Les Austin from Orion making a comeback.

North London provided a few: Martin and Anne Lippitt,

Battersea Park top Road venue

then Ted Kimber claiming the 70 gold with Cliff Collins next.

Essex lady was Pam Jones, who else, for W70 gold, keeping her high standard and aiming to run the whole series.

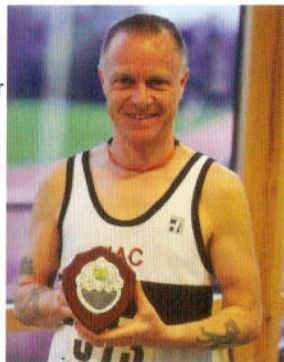
13 April

Dave Symons is a Thames man who comes from down the Thames at Ditton. His 27:42 is the best time of two years here, and best M40 of five years. It doubtless reflects the strength of Thames Hare currently who

won the Surrey League and fielded 26 male runners in the London Marathon. Another 'hound' is Andrew Weir who headed the VAC marathon listing.

In the same colours this day Anna Garnier ran 33:37 which is a fine new W55 best. It replaces Margaret Moody's 34:00 of 2004, in a VAC set which is pure gold all through. After an injury pit stop, Hercules's cor-

respondent tells us Anna was sprinting 200m in Vets Leag and mixing an 800. She also runs a catering business so mixing may come naturally.



Gareth Cavell with Surrey League award

5M Medal table

M40	G Cavell	R Tomlinson	M Barlow
M45	L Goldsack		
M50	P Browning		
M55	J Spen-Wood	S Littlewood	C Rayner
M60	T Eakin	L O'Hare	R Green
M65	M Johnson	E Bartlett	W O'Connor
M70	E Kimber	C Collins	K Tuson
M75	D Devey	M Browne	
W55	A Garnier	A Lippitt	
W60	M Moody	W70 P Jones	



Richard Tomlinson(132) and David Cox(311)

A four timer was devotee Ed Bartlett hitting his best figures.

15 May

In excellent conditions, many had good performance.

Richard Tomlinson always seemed to have the advantage of Dave Cox as his effortless stride contrasted with the quicker step of the older man. But at least Dave was pulled to 28:37, best so far.

A new recruit was Gary Float from Ilford, and third over 40.

First 60, Roger Green, in the green, of Woodford, did 34:05.

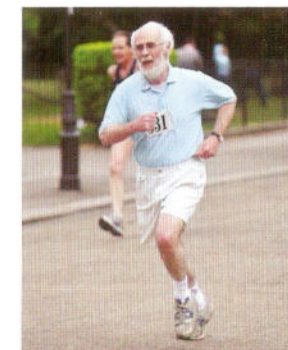
Paul Browning, who started out in CC League, had 34:12, best of three.

Ian Mursell held off Chas Rayner despite the West4's fast finish at 35:08.

Club Secretary Williams enjoyed best of his four.

13 July

Dave Cox added another win to his collection. Seeing him now its easy to forget how he was laid low with a killer illness two years ago.



Ian Mursell is a Battersea resident

Walk continued versus Peter Hannell for example. Mike Hinton, retiring in Dorset, was clapped off at his last race by fellow sportsmen, writes Editor.

Still heading the Road table, p11, Mark Easton kept sub 40.

But salute Ian Richards for three outstanding wins with VAC and a star gold in EVAC.

Height is no hindrance to Peter Ryan: he is first 55 again and a shade quicker.

The other Steve Allen, the guesting Barnet one, improved while familiar Ilford Steve Allen kept right there.

Five had full hands of four as President Hannell quickened, Chris Flint held his form, and Dave Hoben shaved a minute.

Now please attend, records are not compiled for this event. A nice quiet job for winter evenings for a genuine book-worm! Do we see a hand up?

Gareth Jones is another stayer and after a day of intellectual endeavour a good run may be just the thing for the mathematical brain.

Julian Spencer-Wood and Stu Littlewood rematched from June with the Kent man ascendant today.

A sparkling over 70 performance in the series was that of Les Presland, 36:23.

Ilford came over three strong again as Martin Clark broke the ice and Sally Gilham led the women.

Oldest man but going fine, Michael Browne, was none the worse for circling the globe from New Zealand.

Distance runners can look ahead to three good champs, 10,000m on track, the new GM 10Km, and Epsom 10 Mile. The track demands concentration and pacing, the 10K will be challenging over the local hills while the 10M is airy and scenic up on the Downs.



Les Presland and Dennis Williams



Early in the race, John Hall, Maureen Noel, Ian Statter and Peter Hannell

10,000 metres Walk VAC & Counties Champs



Steve Uttley and Estlé Viljoen were second and third

10,000m Race Walk VAC / Surrey / Middx / Herts Champs

1 Ian Richards(Stey)	62	1	48:54.0	VAC	
2 Steve Uttley(If)(G)	52	1	53:46.3	VAC	
3 Estle Viljoen(HW)	W39	1	54:39.6	VAC	Surrey
4 Steve Allen(Bar)(G)	53		55:32.6		Herts
5 Arthur Thomson(E&H)	74	1	55:52.5	VAC	Herts
6 John Hall(Bel)	61	2	55:55.2	VAC	Mddx
7 Helen Middleton(E&H)	W45	1	57:22.0	VAC	
8 Shaun Lightman(SWC)	67	1	59:15.3	VAC	Mddx
9 Mike Harran(SWC)(G)	70		59:39.7		Surrey
10 Mark Culshaw(Bel)(G)	40		60:17.7		Mddx
11 Sean Pender(E&H)	57	1	61:00.5	VAC	Mddx
12 Maureen Noel(Bel)	W46	2	62:11.4	VAC	Mddx
13 Peter Hannell(SWC)	67	2	62:40.0	VAC	Surrey
14 Ian Statter(SWC)	50		62:46.2		Surrey
15 Mike Hinton(If)	69	3	63:42.0	VAC	
16 Chris Flint(L Vid)	65		63:43.3	VAC	
17 Fiona Bishop(Wok)	W52	1	66:27.5	VAC	Surrey
18 Jon May(E&H)	59		66:28.2		Mddx
19 Dave Delaney(SWC)(G)	67		69:28.7		Surrey
20 Dave Hoben(SWC)	55	2	71:09.7	VAC	Surrey
21 Bernie Hercock(E&H)	72	2	71:11.9	VAC	Mddx
22 John May(L Vid)	79	1	77:48.8	VAC	Surrey

Walk Road report by Secretary

The VAC's 5 Walk Champs had 21 taking part on a warm evening, including Lynn Atterbury who had purposely come over from Poland. It was pleasing to see three ladies taking part.

Olympian Ian Richards was clocked at 40:18 to win with a three min lead over John Hall. So 60 plus men dominated, as a portent to Hungary.

Then Shaun Lightman was third at 44:15; his dramatic improvement has been a highlight this summer and reflects a hard training regime.

Arthur Thomson was fourth on 46:17.

Clear first lady Maureen Noel took tenth place on close to 50 minutes.

There were some good individual battles through the field such as Mike Hinton > p9

On a pleasant evening 22 accomplished veterans contested the 10,000m track which held Surrey, Middlesex and Herts Champs as well as VAC.

The 10,000m race was again won by M60 Olympian Ian Richards, of Steyning AC, in 48:54 – three minutes better than his win time of 2009.

The Surreys were headed by Estlé Viljoen with Mick Harran second in 59:39. Helen Middleton, second all women, was two mins faster than last time.

Hertfordshire went to Barnet's Stephen Allen, just ahead of Arthur Thomson who improved on 2009.

Good supporter John Hall, 61, gained Middlesex from Shaun Lightman, 65, and five others.

First 55 was Sean Pender, one of five Enfield vets.

A call for more officials met with response and a clean result was turned in by Don Turner's scoring. Timekeepers were Cecil Gittins, George Richards and Stewart Bennett with Sharon Herbert, Mike May, Tom Richards, Dennis Williams, Spencer Walker, Bridget Cushen, Peter Clark, Mick Barlow, Don Anderson, Maurice Joyce and Bob Belmore, Meeting Director, in supporting roles.



Not a lap was missed

Veterans AC Members ranked Road Table – Battersea Park 2010

	17 Apr	15 May	12 Jun	13 Jul		17 Apr	15 May	12 Jun	13 Jul
Dave Symonds(THH) 41	27:42				Les Presland(AFD) 71				36:23
Rich Tomlinson(ESM)42		28:02	28:24		Margaret Moody(VAC)W61			36:29	
Gareth Cavell(VAC) 42			28:12		Dennis Williams(HW) 64	38:23	36:34	37:10	37:31
Dave Cox(WGEL) 56	28:54	28:37		29:00	Michael Elwell(Cobra)59			37:01	
Mick Barlow(VAC) 44	29:11	29:26	29:21		Dan Maskell(VAC) 62		37:05		
Terry Eakin(Lagan) 60			30:03		Les Austin(Orion) 62			37:20	
Liam O'Hare(Bar) 62			30:29		Martin Lippitt(Trent) 57	38:41		40:43	
Gary Float(If) 43		31:54			Ann Bath(26.2RC) W61	40:13	39:09		
Ron Vials(Barking) 57	32:25				George Wallace(VAC)51			39:15	
Gareth Jones(Oxford) 64				32:26	Julia Gristwood(ESM)W51	41:28	41:45	43:36	
Julian Sp-Wood(Kent)59			33:25	32:58	Ted Kimber(Bar) 70			41:38	
Anna Garnier(THH)W55	33:37		34:02		Cliff Collins(L Ir) 73	44:11	42:11	43:27	
Tom Morris(HW) 51		33:45			Ann Lippitt(Trent) W55	42:13		48:09	
Stu Littlewood(HW) 57	35:17	34:20	33:53	34:06	Pam Jones(If) W73	44:15	43:26	43:40	
Roger Green(WGEL) 62		34:05	35:11		Leon Goldsack(VAC) 45			43:28	
Paul Browning(Beckm)50		34:12	35:52	34:33	Ed Bartlett(VAC) 66	44:17	44:53	48:16	46:21
Jeff Prestridge(Serp) 53	34:27			36:41	Ken Tuson(VAC) 73			45:18	
Steve Parker(If) 54				34:40	Kevin Burnett(SOC) 70	52:08			
Alan Davidson(Liss) 62	37:11	36:16	35:48		Bill O'Connor(QP) 65			52:12	
Ian Mursell(VAC) 58		35:08	35:32		Dennis Devey(Cove) 75			52:12	
Chas Rayner(W4) 55		35:11	35:29		Mike Browne(VAC) 79			57:47	53:36
Michael Johnson(THH)68	35:32		36:17		<i>Anna Garnier's 33:37 is a W55 age record</i>				
Peter Crowhurst(VAC)60			35:44	35:21					
Sean Dillon(L Ir)(G) 59	36:03								

Veterans AC Members ranked Race Walk 5M Table 2010

Mark Easton(SWC) 46	39:48				Peter Crane(SWC) 68	52:26			
Ian Richards(Stey) 62	40:32	40:18			Ron Powell(E&H) 70		53:35	55:19	53:42
Francis Reis(If)(G) 49	41:12				Dave Delaney(SWC)(G) 67	54:54	55:20	55:30	
Peter Ryan(If) 56	43:06	42:20			Dave Hoben(SWC) 57	56:04	58:19	55:21	56:19
John Hall(Bel) 61	46:48	43:28			Jon May(Enf)(G) 59	57:35			
Sean Lightman 65		44:15			Bernie Hercocock(E&H)72	60:06			
Helen Middleton(EH)W45	44:30	45:07	46:38		Barbara Edlin(E&H)W60			60:38	
Arthur Thomson(E&H)73		45:36	46:17		Kevin Burnett(SOC)70		62:26	62:15	
Steve Allen(Barnet)(G)53		48:59	46:40	45:47	Kathy Crilley(SWC)W62	62:40			
Mike Scammell(SWC)55		46:28			John May(VAC) 79	64:52		65:56	
Steve Uttley(If) 50			47:36	46:34					
Steve Allen(If) 52		48:41	49:08	48:29					
Sean Pender(Enf) 56		50:16	48:49	48:58					
Peter Hannell(SWC)67	49:20	49:24	50:58	49:45					
Lynn Atterbury(VAC)60			49:28						
Paul King(Bel) 59	50:35	50:02	51:14	51:08					
Maureen Noel(Bel)W45			50:06						
Chris Flint(L Vid) 65	51:11	50:10	51:22	51:38					
Mike Hinton(If) 68	50:48	50:30	50:48	50:56					
Peter Crane(SWC) 68		50:31							
Carl Lawton(Bel) 62				50:48					
Fiona Bishop(Wok)W50	51:06	52:05	53:44						

5.0M run records

M40 J Rye	25:34	'99	W35 B Pritchett	30:58	'05
M45 M Barron	27:18	'05	W40 M Clarke	30:37	'97
M50 D Cox	27:42	'06	W45 D Sanderson	30:34	'08
M55 L O'Hare	27:49	'05	W50 J Georghiou	33:12	'04
M60 G'th Jones	29:28	'06	W55 A Garnier	33:37	'10
M65 R Higgs	29:58	'98	W60 M Moody	34:54	'09
M70 S Charlton	31:59	'99	W65 P Jones	37:34	'01
M75 R Franklin	44:58	'05	W70 P Jones	42:12	'07
M80 S Charlton	35:41	'07			

VAC Track midweek

Battersea 7 April with Serpentine

100m 1 Gary Palmer(SMR) 43 12.70, 2 Simon Baird(Serp) 45 13.17, 6 Mike May(KP) 49 13.44, 4 Phil Bell(Harr) 56 13.69, 5 Tim Carter(Kent) 57 14.18. Race 2 1 Mike Martineau(B&B) 64 15.87, 2 Hel James(Serp) W57 16.38, 3 David Barrington(KP) 69 16.77, 4 John Godbeer(Cam H) 74 17.00, Race 3 1 Peter Gibbons(Serp) 38 13.1, 2 Cliff Hyde (Serp) 58 14.5, 3 Ken Kwok(Serp) 70 17.7

200m Race 1 Palmer 26.2, 2 Bell 27.5, 3 May 28.1, 4 Carter 28.8, Race 2 1 Martineau 33.8, 2 James 34.9, 3 Barrington 35.5, 4 Ken Kwok(Serp) 70 38.3.

400m 1 Jun Wong(Serp) 31 56.00, 2 Fraser Johnson (Serp) 37 65.20, 3 Pam Rutherford (Serp) W37 70.20, 4 Martineau 84.20.

800m 1 Tiago Branco(Serp) 32 2:14.2, 2 Jaran Finn(Serp) 37 2:17.3, 3 Mike Mann(Dul R) 61 2:29.9, 4 Dave Hayward(Cro) 60 2:33.4, 5 Bill Birmingham(Heath) 59 2:35.7, 7 Pam Rutherford(Serp) W37 2:36.6, 8 Stefan Skwara(KP) 45 2:41.0.

1500m 1 Craig Nicol(WW) 44 4:46.7, 2 Mann (Dul R) 61 5:05.1, 3 Fraser Johnson(Serp) 37 5:13.1, 4 Skwara 5:28.8, 5 Hide 5:31.4, 6 Lisa Pettit(Serp) W42 5:42.4, 7 Alan Davidson(Lss) 53 6:08.3, 8 Ed Simpson(Overton) 72 6:10.7, 9 Martin Lippitt(Trent PT) 56 6:12.8, 10 Ann Lippitt(Trent PT) W55 7:01.6.

5,000m 1 Gareth Cavell(VAC) 42 16:33.1, 2 Richard Tomlinson(ESM) 42 16:44.0, 3 Jaran Finn 17:34.7, 4 Craig Nicol 18:11.9, 5 Liam O'Hare(Bar) 61 18:19.5, 6 Stephen Brown(Serp) 37 19:05, 7 Raoul Mansukhani (Serp) 39 19:15.1, 8 F Johnson 19:41.2, 9 Skwara ntt, 10 Davidson 22:15, 11 Nicky Atkins(KP) W46 22:18.

Gary Palmer made a clear double, possibly outside his best range of 400m. Later he was doing jumps in preference to sprints and further is in management, at St Mary's College.

Old rivals Phil Bell and Mike May hit season's bests to date after a good indoor season, as it was called. Mike went to Kamloops and Phil, once known as Boris, to Belgium. The nickname referred to hair and by the way is a tick for the huge image value of the Mayor. Mike did get an injury but fortunately has help from coach Chuck Isetts, and has

hung on to his lead in a close Gibson Cup. Chuck has been helping people at Kingston for 25 years, delivering instruction in gentle Chicago tones.

Having a good season, David Hayward in 800 went on to silvers, dropping down to 400 at Cardiff and Hungary, as we write.

In 1500m Lisa Pettit, who helped get the Serpentine presence on the night, got inscribed in Power of 10 with her 5:42.4.

The Londoners brought in 15 runners which doubled the meeting and injected new enthusiasm and freshness, not only in distance but in sprints too. With the high cost of Battersea their share of the track hire, kindly agreed by Malcolm French, was welcome.

In contrast a Windmiler, Nicoll, won the 1500.

Kingsmeadow 5 May with Rosenheim

100m 1 Barrington King(Harr) 44 12.7, 2 Gary Palmer(SMRAC) 43 12.9, 3 Steve McDuell (HW) 45 13.5, 4 Geoff Kitchener(S'Oak) 60 13.6, 5 Phil Bell(Harr) 56 13.7, 6 Mike May(KP) 49 14.6. Race 2 1 Derek Wardle (WSEH) 63 13.8, 2 Chuck Isetts(KP) 67 14.3, 3 Joan Trimble(KP) W55 14.6, 4 John Godbeer(Cam H) 74 17.1, 5 Cliff Taylor(VAC) 78 18.3, 6 Kevin Burnett(SOC) 70 19.3. Gibson: 6 Kitchener, 4 McDuell, Isetts and Godbeer, 1.5 Bell and Trimble, rest 1. Sue Dassie(E&E) W57 15.4.

200m Race 1 Palmer 25.7, 2 King 26.7, 3 Terry Bissett(E&E) 66 27.0, 4 Bell 27.0, 5 Kitchener 27.3, 6 Wardle 27.9, 7 May 30.2. Race 2 1 Steve McDuell(HW) 45 27.7, 2 Isetts 29.2, 3 Trimble 30.0, 4 David Whittaker(E&E) 65 30.1, 5 Cashel Riordan(KP) 64 32.9, 6 Taylor 41.6. Gibs: 6 Bissett, 5 Kitchener, 4 Palmer, 3 Isetts, Godbeer, 1.5 Bell, King, rest 1. **400m.** Mark Butler(E&E) 48 57.9, McDuell 61.9, Riordan 88.8.

3,000m 15 Alan Davidson(Liss) 62 12:56.6. **Hammer** Brian Harlick(E&E) 65 29.54, John Webster(KP) 70 29.55, Burnet 17.19, >p13 Taylor 25.46, **4kg** Debbie Singleton(Walt) W51 24.27, Liz Sissons(E&E) W65 22.97; 3kg



At Battersea, Lisa Pettit v Stefan Skwara(20)



Mid week Track May continued

Phil Bell(13), Tim Carter(12) and Mike May off 200m bend in April meet

Sissons 27.94. **Discus** Sissons 19.85, Dassie 18.75. **Shot** Harlick 8.19, Burnet 6.61, Taylor 8.99. **Pole Vault**, Maurice Joyce(KP) 65 1.20

Kingsmeadow Wed 30 June

100m 1 Stuart White(HW) 48 13.2, 2 Mark Butler(E&E) 49 14.1. Race 2, 1 Cliff Hide(Serp) 58 14.6, 2 Cashel Riordan(KP) 63 16.5, 3 John Godbeer(Cam H) 75 17.0, 4 Paul Williams(Kent) 52 19.0, Gibson: 1= White, Godbeer and Williams, 4 Hide, 5 Riordan. **200m** 1 White 27.8, 2 Mike May(KP) 49 29.5, 3 Hide 58 29.9, 4 Riordan 33.8, 5 Williams 40.5. Gibson: 1 Riordan, 2 Hide, 3 White, 4 Williams, 5 May, **800m** 1 Noel Hall(Hill) 48 2:16.6, 2 Neil Taylor(VAC) 51 2:30.3. **3,000m** 1 A Davidson 62 12:50, 2 P Williams 52 17:50.

The June meeting was thin but a new name in Stuart White was close to his best of 13.16, Pete Mulholland tells us. Looking ahead, White is sure to find keen competition at his level.

Paul Williams has learnt the ropes for sprint and now kept going with a 3,000, joined by Alan Davidson and a group of guests.

Other would be users were not stopped by management from coming on the track and were a hold up for a while until talked off by Meeting Director.

Kingsmeadow 21 July w Rosenheim

100m Milton McIntosh(VAC) 44 12.5, Mark Cook(G&G) 43 13.2, Cliff Hide(Serp) 58 14.7, Gibson: Hide 4, McIntosh 3, Cook 2 points, **200m** McIntosh(VAC) 44 25.3, Cook 25.6, Steve McDuell(HW) 45 28.8, Hide 30.0. GIBS: Cook 5, McIntosh 4, Hide 3, McDuell 2. VAC members' performances in the meeting: **100m** D Mkpa 12.2, S Dassie 14.7. **400m** R Hyde 58.2, D Wardle 62.8, S McDuell 65.8. **800m** McDuell 2:16.5, R Somers 2:45.1. **3,000m** N Atkins 12:57.8, DS Williams

13:15.6. **Shot** K Seldon 9.79, D Singleton 7.02, 3kg L Sissons 9.25, S Dassie 8.64, **Javelin** Sissons 400gm 23.78, **High Jump/Long Jump** G Palmer 1.55/4.84 Here Milton McIntosh's 12.5 and 25.3 were VAC best times to date, running in Rosenheim non-scorer heats.

But Cliff Hide, a beginner in sprints, exploited the new man's advantage in hand-capping for points to catch the leader in Gibson. A good finish is in prospect.

Steve McDuell, doing several races, was pleased by his season's best in 800, 2:16.5.

Peter Mulholland tells us "It was a busy evening at Tooting for the Eastern Div with over 100 non-scoring athletes entered".

So the League is looking rosie.

Rosenheim, a common placename in Germany, we're told by David Barrington, were hosts to Hercules Wimbledon back in the early 1960s and, on their return several local leagues were being formed – Lily B and Ebbisham included.

Then HWAC, through guiding light Jim Braben, presented the Trophy they 'won' in Rosenheim for the new league. Alles schon!



Lippit and Davidson(4)



Stuart White

Gibson Cup at 21 Jul

16 M May, C Hide,
14 J Godbeer,
12 G Palmer
11 G Kitchener,
9.5 P Bell,
9 C Riordan, S
White,
8 M Cook,
7.5 M Martineau,

7 M McIntosh, Isetts,
P Williams, McDuell
6 T Bissett
3 D Barrington
2.5 B King, J Trimble
2 C Taylor, Wardle,
T Carter
1 K Burnett, D
Whittaker, Butler. •

New Members

Jayne	Anscombe	VAC
Gary	Floate	Ilford
Stuart	White	HW
Steven	Uttley	Ilford
Maria	Newton	
Alan	Tedder	

Welcome

Julia Gristwood was well and truly booked at Race4Life; her 'number' was printed "Julia 16th Battersea Race for Life".

Helpful Peter Torre found a niche directing at 'the Life' and Asics London 10K.

Oldest members still competing are probably Ron Hale and Harry Tempan, both 85. The latter ran at Hammersmith Handicap, we heard. Some ladies are well there in their seventies but could be less anxious for the spotlight.

No doubt about most travelled: could anyone challenge ex-railway man Alan Davidson, up from Haslemere, and known to all the ticket inspectors.

Likewise network says that Dennis Williams ran five races in six days.

Les Brown Attendance Trophy holder Cecil Gittins

- 7 Stewart Bennett, Cecil Gittins
 - 6 Kevin Burnett, Alan Davidson
 - 5 Peter Hannell, Chris Flint, Mike Hinton, Dave Hoben, Dennis Williams
 - 4 Don Turner, Ed Bartlett, Mock Barlow, Helen Middleton, Sean Pender, Paul King, Fiona Bishop
 - 3 twenty three others
- Officiating is scored too in all events.

Inter Area events

Horwich 20 June VAC M60 3rd 29, to SCVAC 13, NVAC 28. Peter Giles 78 19:11, Gareth Jones 85 19:35, Alan Rich 113 20:52. M70 Les Presland 2 20:34. W55 Jane Georghiou 5 21:10. M55 M Elwell 21:28. W65 Pauline Rich 2 24:11.

Wolverhampton 10K 12 Sept Enter as VAC and you may be in Inter Area team viz M35, 40, 50, 60, 70. Women 35, 45, 55. Location notes at page 15

Committee news

Under Members' Welfare there was better news of Bernie Hercock who was back at home. However there was concern for the condition of Geoff Harrod who was still in hospital. Dan Maskell was also spoken for.

The Secretary asked Peter Hannell in the meeting if he would continue as President for a further year; the latter agreed to do so.

The Secretary said he had received suggestions that Life Membership be awarded to Cecil Gittins, Bob Belmore and Jeremy Hemming who have given long service to the club.

Chris Flint was nominated for Vice President.

The Secretary presented an annual report which is on page 3.

It was decided not to rejoin Surrey Womens League.

A member wrote, proposing two laps be adopted at CC.

Road Sec had concerns about RunBritain about which he had not been informed. In response Sec said he had not received communications and gave his opinion that the format did not entail any change.

Track Sec had entries to T&F Champs which were insufficient to warrant a photo-finish. However a number of officials had confirmed their attendance.

AGM to be on 9 Sept at 7pm followed by Committee

For once the **Epsom 10** on 21 Nov will not clash with the International. The high point scenic one lap has a strong following and an improved finish and changing in the Queen's Stand jockey's room. But do not rely on receiving a printed entry sheet as formerly; kindly pick up a hand out or go online to be in it.

International 13 Nov

- Application form and criteria for consideration are at www.BMAF.org.uk/fix
- Candidates apply by 24 Sept to Charlie Dickinson, at 20 Broadhinton Rd SW4 0LU, for selection meeting 2 Oct, with SAE 9x6.5. **UKA number** is needed.
- If you are not online ask Editor for a copy, with first class SAE
- It's good to claim BMAF performance e.g.
 - BMAF 10K Wolverhampton 12 Sept
 - BMAF CC Belfast
 - comparative performances against other candidates inc T&F and Road
- W35 to 65, M35 to 70 in 5 year groups
- Expect strong competition for places except perhaps older women. If unlucky consider Open race.
- Timely paperwork pays.
- In 2005 the course at Santry was flat grass course, with event hotel adjoining, and airport not far. While Dublin itself is a packed youth destination.

Veterans Athletic Club draft Income and Expenditure Account for year ended 31 May 2010

<u>Income</u>	<u>2009</u>	<u>2010</u>	<u>Expenditure</u>	<u>2009</u>	<u>2010</u>
	£	£		£	£
Subscriptions & donations	£11,787	£9,469	Affiliation Fees	55	75
Add Subs brought forward	1,035	2,055	Surrey CC League	20	30
Less Subs for future years	-2,055	-1,255	South of England AA	10	10
	10,767	10,269	England Athletics (note 3)	579	608
Legacy received	250	-	EAMA	415	300
Interest received	65	3	BMAF (note 1)	3,320	2,996
Surplus on Club champs	995	1,214		4,399	3,765
Surplus on misc races	802	200	Newsletter	6,864	6,512
			Loss on clothing sales	22	9
			Admin expenses	422	569
			Room hire	615	640
			Bank charges	24	4
			Surplus income	533	529
	£12,879	£11,686		12,879	11,686

Draft Balance sheet as at 31 May 2010

<u>Assets</u>	<u>2009</u>	<u>2010</u>	<u>Liabilities and reserves</u>	<u>2009</u>	<u>2010</u>
	£	£		£	£
Bank Current A/C	6,216	5,180	<u>Prepaid income and accruals</u>		
Deposit A/C	3,896	3,899	Subs in advance (note 2)	2,055	1,255
Cash & Cheqs await banking	520	430	Track hire April/May	460	43
Cash float	10	10	Accrual: England Ath levy prepaid		117
<u>Stock</u>			Accrual: Belgrave Hall re CC	300	-
Clothing	374	552	<u>General reserve</u>		
Medals	1,508	2,215	Brought forward	9,973	10,506
Prepayments: Track Hire	315	75			
Prepayments: Affiliation fees	-	47	Surplus (Deficit) for year	533	529
Prepayments: England Athletics	482	42		£13,321	12,450
	£13,321	12,450			

Notes from the Treasurer

- 1) Membership increased in 2009-10, so our membership at 31 May 2010 is 616, and the levy increased from £4 to £4.50 from 1 June 2010, so our BMAF fees will be £2,772, EAMA will be £308.
- 2) A significant number of members pay for more than one year in advance, and I am carrying this income forward to the years to which it relates.
- 3) The subscription due to England Athletics consists of a £50 a year club affiliation and a levy of £5 a head.

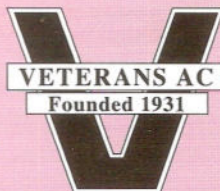
4) Belgrave Harriers after a long delay invoiced us for use of Belgrave Hall in the 2007-08 cross country season. I did not accrue it last year as I did not know the amount, but have accrued for the same this year, so that the surplus for last year should be £300 less and that for this year £300 more.

Michael May ACA, Hon Treasurer

Michael Elwell, member, writes: the **Wolverhampton Goodrich 10k** starts and finishes close to Junction 2 of M54 motorway on the Wolverhampton side, on Goodrich sports ground. For those looking to stay the night there is a Premier Inn right opposite the finish. The course is mainly country roads except for a couple of sections on the major road, and is fairly flat.



Fixtures



www.vetsac.org.uk

VAC T&F

29 Aug VAC T&F: check venue on Entry form
Entry form enclosed

8 Sep 10,000m Champs Battersea track
6.30pm. 2 races. Recorders required

Inter Area T&F

8 Aug SOLIHULL 11am VAC Team; apply
phil@bell-computer-services.co.uk or M May

Race Walking

27 or 28 Nov Belgrave 7M Walk, day to be confirmed

VAC distance: Road and CC

Tue 10 Aug Battersea 7pm 5Km Run Champs, 5M Walk

Sat 3 Oct Geoff Moulden WIMBLEDON 10K Road inc
VAC Champs. 9.30am, form enclosed

Sat 9 Oct Surrey League Div III NORK PARK Men

Sat 23 Oct VAC CC WIMBLEDON Caesar's Well 5.6M
2.30pm; HQ Belgrave Hall

Sat 30 Oct East Surrey Leag Lloyd Park 3pm

Sat 6 Nov LOUGHTON AC Inter Club 2.30 VAC teams

Sat 13 Nov Surrey Lg LLOYD PARK 3pm.

Sun 21 Nov Epsom 10M with VAC Champs 9.30

Sat .. Nov VAC CC 2.30 Caesar's Well 5.6M tbc

Sat 11 Dec Surrey League LIGHTWATER 2.30pm

Sat 22 Jan VAC Champs M&W Wimbledon 2.30pm

Sat .. Feb Surrey Lg Div III WIMBLEDON tbc

Eligibility for Surrey CC League: 1st claim member of VAC,
or 2nd Claim to VAC and not member of any club compet-
ing in Surrey Lg.

Members available to run in VAC team please contact
Team Manager Bob Belmore 01428 654749 or meet him at
Road events.

National and International

22 Aug Half Marathon BURNHAM BEECHES

11-12 Sep Decathlon OXFORD

12 Sep 10K Road WOLVERHAMPTON

3 Oct 10M OLDBURY Glos

13 Nov International CC DUBLIN

Candidates for England team apply Charlie
Dickinson, 20 Broadhinton Rd, London SW4 0LU;
tel 0171 720 1062; more at page 14.

16-20 Mar 2011 Euro Vets Indoor GENT Belgium

12 Mar Cross Country LUTON tbc

21 May Relays SUTTON

20-22 May Euro Vets Non Stadia THIONVILLE Fr

7-17 Jul World T&F SACRAMENTO CA

Directions: Kingsmeadow: Kingston rd, Kingston-on-Thames
KT1 3PB. Rail to Norbiton

Battersea Park SW11 4NJ. Rail to Battersea Park or Queenstown
Rd. Buses: 44 from Victoria, 137 Oxford St.

Maps: search by post code in www.streetmap.co.uk

Officials for T&F Champs

Technical officials have been mailed.
Club members as field judges and helpers are
still urgently required; whole day not essential.
Officials grades to update also taken.
Call Bob Belmore 01428 654749 or email Editor

Other veteran

5 Sep Vets League Finals ASHFORD

13 Sep St Mary's Open T&F: *Meeting cancelled*

19-20 Sep Kent Vets T&F ERITH: qualified vets, no
guests. Enquiries Barry Ferguson 0208 699 1261

VAC N/L August 2010

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Photos by Editor

Print & mailing Wellington Press, Sutton